



SURPRISE RECREATION CAMPUS TENNIS & RACQUET COMPLEX



Surprise Tennis & Racquet Complex
14469 W. Paradise Lane | Surprise, AZ 85374
623.222.2400 | surpriseaz.com/tennis



Bill's First Serve!



Hello Surprise Tennis and Racquet Complex Players,

The countdown has started for the 2012 Cancer Treatment Centers of America Tennis Championships!! If you haven't secured your tickets yet, you should do it soon because you don't want to be that person standing outside the gate hoping to catch a glimpse of some of the all time greatest tennis champions to play the game, right here at our complex.

USTA Early Start Leagues are registering now and with the restructuring of the USTA League age divisions, there are even more opportunities to play in the nation's largest organized recreational program. The STRC is one of the largest league sites in the valley, hosting more teams than any other public or private tennis center around.

Don't forget, there are still lots of other tennis opportunities here at the STRC. Don't have a partner? Come play drop in with us. Want to work on your doubles tactics? Mario's Dominating Doubles class will get your game on track. New to tennis and want to start competing now? Jump in on John's Starter Doubles League. Want a good workout while you hit lots of tennis balls? Sign up for Tenniscize! See any of the STRC Staff for more information on this and other programs today.

See you on the courts and as always may all your serves be aces!

Guillermo Lucero- Tennis & Sports Manager



Meet the STRC Player of the month for SEPTEMBER



Murle Williams

When did you start playing Racquetball and why? I started playing racquetball when I was in my early 30's. I had played hand ball and tennis before that, but racquetball quickly became my game of choice.

Why do you love the game of Racquetball? I love to play racquetball because it provides one of the best and yet enjoyable cardio workouts that I have found in any of the sports. It also provides a great opportunity for camaraderie with friends and people I meet at the racquet complex.

What has playing Racquetball done for you? It has helped me to keep in a routine of physical exercise that lasts over an hour 3-4 times a week. It has helped me to lose 30lbs when I was overweight, and it helps me get the heart rate up like I am supposed to do, and I don't get out of breath easily when I play regularly.

What do you like best about playing at the STRC? I like playing at the STRC because it is the closest in-door racquetball courts to where I live, and the staff and the racquet center are all very friendly and helpful.

What is your favorite shot to hit? I guess my favorite shot is the hard and low backhand from the left back corner.

What tips/advice can you share with new players? Be patient, it takes a while with a lot of practice before you can become proficient, and unlike most sports, you have to learn to go where the ball is going to end up and not always where it is at the time.

WHAT'S HAPPENING at the Surprise Tennis & Racquet Complex



TENNIS TIP OF THE MONTH

Mario Celarie—USPTA/PTR, USA High Performance Coach
USTA Sport Science Coach

Set your own goals for any Tennis

Practice Session—Instead of being a passive

student – have your own goals for each training session. It does not matter what drills the coach runs in the session you can still achieve your own goals. For example ...Make every backhand today or nothing in the net today....

FOR MORE TENNIS TIPS OR TO SCHEDULE PRIVATE LESSONSWITH MARIO

CALL #623-523-2185 today!



STRC FALL HOURS BEGIN OCTOBER 1, 2012

MONDAY-FRIDAY 7:30am-9pm

SATURDAY 7:30-5:00pm & SUNDAY 7:30-NOON

Please note that in OCTOBER we will be closed for play on the following dates :

Columbus Day 10/8 7:30-Noon/ CTCA Oct. 12-14



DROP-IN DOUBLES TIMES ARE CHANGING!

WHEN OUR FALL HOURS GO INTO EFFECT ON OCT. 1, 2012,

OUR MORNING DROP-IN DOUBLES TIME WILL BE

9-11am/ Monday, Wednesday and Saturday Mornings

\$3 residents/\$4 non-residents

6:30-8:30pm/ Thursday & Friday evenings

\$4 residents/\$5 non-residents



LABOR DAY HOURS

Due to the City Observed Holiday on Monday, Sept. 3, the STRC will be open from 6:30-11am. We will not be open for evening play./ Holiday Drop-In will begin at 7:30am

NEED A COURT? We recommend calling ahead to make a reservation. Call 623.222.2400 today!



SEPTEMBER 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				CHECK US OUT ON THE WEB! REGISTER ONLINE @ www.surpriseaz.gov/tennis		1 Tennis 7am Drop-In Dubs 7:30am
2	3 HAPPY LABOR DAY! HOLIDAY HOURS 6:30-11am HOLIDAY DROP-IN 7:30am NO EVENING HOURS	4 RB Drop In 5-7pm Tennis 7:30pm	5 Drop-In Dubs 7:30 RB Drop-In 5-7pm Drop-In Drills & Skills 7:30pm	6 Dominating Dubs 7:30am Drop In Dubs 6:30pm	7 Drop In Dubs 6:30pm	8 Tennis 7am Drop-In Dubs 7:30am
9	10 Drop In Dubs 7:30am Starter Dubs 7:30pm	11 RB Drop-In 5-7pm Tennis 7:30pm	12 Drop-In Dubs 7:30 RB Drop-In 5-7pm Drop-In Drills & Skills 7:30pm	13 Dominating Dubs 7:30am Drop In Dubs 6:30pm	14 Drop In Dubs 6:30pm	15 NO TENNIS Drop-In Dubs 7:30am
16	17 Drop In Dubs 7:30am Starter Dubs 7:30pm	18 RB Drop In 5-7pm NO TENNIS TONIGHT Surprise Tennis University 7:30pm/ FALL SESSION begins	19 Drop-In Dubs 7:30 RB Drop-In 5-7pm NO DRILLS & SKILLS TONITE	20 Dominating Dubs 7:30am Drop-In Dubs 6:30pm	21 Drop In Dubs 6:30pm	22 Tennis 7am Drop-In Dubs 7:30am
23	24 Drop In Dubs 7:30am	25 RB Drop In 5-7pm Tennis 7:30pm	26 Drop-In Dubs 7:30 RB Drop-In 5-7pm Drop-In Drills & Skills 7:30pm	27 Dominating Dubs 7:30am Drop-In Dubs 6:30pm	28 Drop In Dubs 6:30pm FREE 10 & PLAY DAY 6pm	29 Tennis 7am Drop-In Dubs 7:30am
30	TENNIS FEES- \$2 resident/\$3 non-resident 1.5 hrs/per person daytime play-\$3 res/\$4non-res 1.5 hr per person nighttime play RACQUETBALL FEES- \$3 resident/ \$4 non-resident -1 hour/per person					